

Idaho Child Nutrition

Recipe: 000434 Whole Grain Southwest Popcorn

Recipe Source: Betty Crocker
 Recipe Group: SNACKS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 25
 Size of Portion: 1 Cup

019034 POPCORN,AIR-POPPED.....	25 CUP	Pop 3 cups of popcorn kernals in an air popper. This will yield 24-25 cups of popped popcorn.
110933 MARGARINE.....	1/2 CUP	Heat margarine, chili powder, cumin, and garlic until margarine is melted. Drizzle over hot popcorn; toss. Immediately sprinkle grated cheese on popcorn. Serve warm or cold.
002009 CHILI POWDER.....	2 TSP	
090016 CUMIN,GROUND.....	1 TSP	
002020 GARLIC POWDER.....	1 TSP	
116250 CHEESE, MONTEREY PEPPER JACK...	2 OZ	

Calories	73	Iron	0.34 mg	Protein	1.66 g	9.08%	Calories from Prot
Cholesterol	2 mg	Calcium	17.09 mg	Carbohydrates	6.54 g	35.75%	Calories from Carb
Sodium	53 mg	Vitamin A	262.4 IU	Total Fat	4.67 g	57.37%	Calories from T Fat
Dietary Fiber	1.25 g	Vitamin A	46.0 RE	Saturated Fat	1.18 g	14.49%	Calories from S Fat
		Vitamin C	0.15 mg	Trans. Fat	N/A* g	%	Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz.				? - Milk
Grain/Bread..... srv.				? - Egg
F/V/J..... cup				? - Peanut
Milk..... fl. oz.				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat
<u>Moisture & Fat Change</u>				
Moisture Change. 0%				
Fat Change..... 0%				
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	019034	POPCORN,AIR-POPPED			
I	110933	MARGARINE			
I	002009	CHILI POWDER			
I	090016	CUMIN,GROUND			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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I	002020	GARLIC POWDER			
I	116250	CHEESE, MONTEREY PEPPER JACK			

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